

# USU Student Spouses Club Newsletter

## The SSC Scoop

January / February 2011

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A special "thanks" to all SSC members that submitted great articles & photos for this newsletter.

We are always looking for members to write for the newsletter. If you are interested in volunteering contact the Publications Editor for more information.

**Tamara Roadfuss**  
Publications Editor  
ssc.editor@gmail.com

## 2010 USU HOLIDAY PARTY!!!

By Cyndi Yoder

The club's largest fundraising event was Friday, December 10 in the USU Cafeteria. The best news - we surpassed our fundraising goal of \$1,500! Thanks to the efforts of our volunteers, we were just 4 tickets (will call no shows) shy of our 750 ticket goal. I couldn't be more pleased with the results! I anticipate another sell out event next year!

For those who partied, I hope you had a rocking good time. Hopefully the music of the Dermatones (the school's choir), the tunes of the Sore Throats (a guitar/violin duet), the entertainment from the contests, the raffle drawings every 15 minutes, and the time with your hubbies and fellow spouses made the looooooong line for the buffet - worth the wait! The cafeteria has a new caterer this year and they did a phenomenal job with the food but there were some hiccups in the flow of the line. With this event under their belt, the kinks will be worked out for next year. So thank you for your patience this year!

Did you walk away with one of the more than 30 raffle prizes!? I know Sarah Williams (class of 2012) was excited when she won the Grand Prize, the iPad! Congratulations to you and your honey!

For those who missed out, here's a peak at some of the fun you missed...

Three students kicked off the party with a marshmallow eating competition. The winner shoved an impressive 20 marshmallows (the big fluffy kind, not the small cute ones) into his mouth in under a minute. Next up was a whole lotta booty shaking! Six contestants attached a kleenex box to their waist and had to shake 4 jingle bells out of the box. The winner had a technique that shook her to the finals and ultimately walked away with her choice of a \$50 prize. Tara Kuckel took on two students in the one handed gift wrapping contest. She was in the lead the entire time - until one of the students sneaked up on her and took the prize in just under two minutes. Last up was the apple stacking contest which proved to be a lot harder than the contestants had initially thought. The

object was to stack 5 apples which none of the contestants were able to do. The game ended with a tie of having 3 apples stacked at the two minute time limit.

Mixed in with the prizes, contests, live music, and great food - were connections with friends, colleagues, and co-workers. The purpose of the party is to raise funds for a great club, but also to bring as many people together as possible from the school to enjoy the spirit of the holiday season. Thank you again to everyone who supported the event by attending, and thank you to those who poured in countless volunteer hours to make the party such a big success. It's been my pleasure leading the efforts these past two years! While I'm sad to hand over the reigns, I'm also looking forward to giving another club member the opportunity. I'm excited to watch the event grow and I'm also excited to attend as a party goer next year! :)

Happy Holidays everyone! See you next year.



**From the President:**

Sara Keleher



Hey, everyone! I am definitely experiencing some cabin fever with all this cold weather, so our next monthly meeting will be a welcomed social outing for me. As always, it will be the first Wednesday of the month, Feb. 2, at 6:30 pm in the USU cafeteria. Feel free to bring a friend! If you don't have base access, please let Courtney (studentspousesclub@yahoo.com) know by Sunday that you would like to attend.

Warm wishes, Sara Keleher  
SSC President 2010-2011

**Officers 2010-2011****President**

Sara Keleher  
[ususscpresident@gmail.com](mailto:ususscpresident@gmail.com)

**Vice President**

Jessica Saas  
[vicepresidentssc@gmail.com](mailto:vicepresidentssc@gmail.com)

**Secretary**

Courtney Christensen  
[studentspousesclub@yahoo.com](mailto:studentspousesclub@yahoo.com)

**Treasurer**

Jenny Markol  
[usussctreasurer@gmail.com](mailto:usussctreasurer@gmail.com)

**Committee Chairs****Adult Social**

Molly Grasso  
[Molly.kid@gmail.com](mailto:Molly.kid@gmail.com)

**Membership**

Sarah Willett  
[ususscmembership@gmail.com](mailto:ususscmembership@gmail.com)

**Parent Tot**

Daniela Babakhani  
Sarah Wirthlin  
[sscparenttot@gmail.com](mailto:sscparenttot@gmail.com)

**Parties & Fundraising**

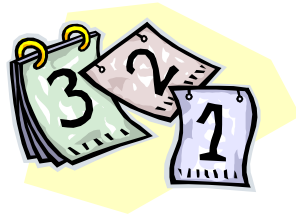
Cyndi Yoder  
[sscparties@gmail.com](mailto:sscparties@gmail.com)  
[ususscfundraising@gmail.com](mailto:ususscfundraising@gmail.com)

**Publications Editor**

Tamara Roadfuss  
[ssc.editor@gmail.com](mailto:ssc.editor@gmail.com)

**Sunshine**

Karla Villafan-Reed  
[sscsunshine@gmail.com](mailto:sscsunshine@gmail.com)

**SSC CALENDAR OF EVENTS**

**February 2nd:** SSC Monthly Meeting, 6:30PM

**March 2nd:** SSC Monthly Meeting, 6:30PM

**Adult Social:** Visit website for more dates and activities

**2nd Saturday of every month:** Couples' Night Out!

**2nd Wednesday of every month:** Happy Hour!

**3rd Tuesday of every month:** Spouses' Night Out!

**Parties:** Visit website for more dates and activities

**April 9th 2011** - Spring Party

**Parent Tot Group:** Visit website for more dates and activities

For more information, please contact the SSC at  
[studentspousesclub@yahoo.com](mailto:studentspousesclub@yahoo.com) or visit our website at [www.usuhs.mil/ssc/](http://www.usuhs.mil/ssc/)

## Getting to Know the Area

By Tamara Roadfuss

Looking to make the most of your family time. There are many fun and exciting day trips or overnight adventures for everyone in Maryland.

If you are looking for a romantic day with the one you love, try and visit one of the many vineyards located within Maryland and Virginia. One of my favorite local wines is from a vineyard in the Baltimore area. Boordy Vineyard's award winning wines host an array of flavors for the red and white wine lovers. Enjoy a daily tasting or special monthly event at Boordy Vineyards . They have all of their events posted on their website <http://boordy.com.html>.

Want to stay warm with an indoor family activity? Try a fun day at Adventure Park USA. This is a large family amusement park located in New Market, MD. Hosting a vast array of indoor activities for all ages. The park includes many different activities to keep you and the kids entertained. Enjoy the arcade, indoor playground, rope course, rock wall, laser tag, eateries and much more. Adventure park is perfect for those cold rainy days. So have fun or relax while the kids play.

Do you love the snow? How about skiing, snowboarding, and tubing. Wisp Resort, Located in McHenry, MD has it all. This ski resort has 26 trails, half pipes, and day and night skiing. Enjoy a family day trip with only a short drive from the Washington D.C. area. Or make it a romantic getaway and stay overnight. The resort provides amenities which include a restaurant, bar, and a spa.

### Looking for something to do?

#### **LOCAL EVENTS:**

**Veteran's Plaza Ice Rink** - Outdoor rink open until March 13th 2010

**Feb 16th to Feb 21st** - Disney on Ice - Princess Wishes - Verizon Center, DC

Feb 19th - Food Tasting Tour of DuPont Circle. 3:00pm - 5:30pm  
\$65

**Feb 25th** - Washington Capitals vs NY Rangers - Verizon Center, DC

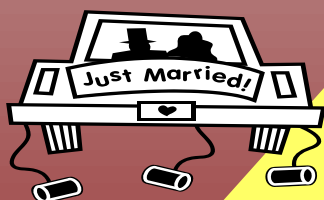
**Feb 26th** - Madama Butterfly—7:00pm  
Washington National Opera

**March 22nd** - Shrek the Musical

**March 23 to 27** - Ringling Bros. and Barnum & Bailey Circus, Verizon Center, DC

**March 30th—Apr 10th** - Ringling Bros. and Barnum & Bailey Circus, 1st Mariner Arena

**April 16 & 17** - Imagination movers - Weinberg Center for arts, Fredrick



## Wedding Bells

<u>Student</u>	<u>Spouse</u>	<u>Date</u>
Taylor ('13)	Jodie ('13)	Timberlake, married December 19, 2010



## Meet the Members



### Rachel Brown

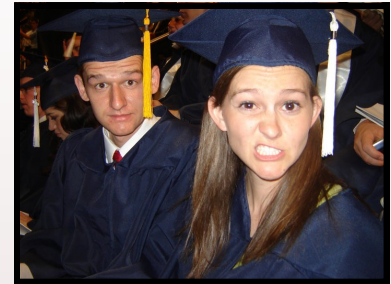
Hello! My name is Rachel Brown. I grew up in the great state of Michigan in the same city my parents grew up in. Marrying a military man and a medical student was far from what I had planned for my life, but thankfully the Lord knows better than I. Matt Brown (2012) and I met in the summer of 1998 while working at a Christian camp in northern Michigan. After being friends for many years we married July 4, 2009, between MS1 and MS2. This year we were blessed by the birth of our son, Matthew Barrett. We were SO grateful for the meals the SSC provided, and for the other USUHS wives in the 'hood who jumped in to help when Barrett decided to come early, and only 24 hours after we had arrived home from a third year rotation. I taught 5th and 6th grade for four years before getting married, but now have the great privilege of staying home and caring for my boys. We love our church here, Capitol Hill Baptist, and we have greatly enjoyed the other USUHS families we have gotten to know, but we are looking forward to our next location as neither Matt nor I are city people.



### Rachel Darling

My name is Rachel Darling and my husband's name is Nick. We moved here from our last duty station in Groton, CT. My husband previously served on submarines so we are both used to military life. Go Navy!! We are enjoying home ownership in Rockville and the start of the medical school journey. I met my husband on eharmony in 2004. We grew up across the state line from each other (PA/DE) but never crossed paths. I was looking to date someone in my local area, and my husband put his hometown as his location even though he was between Navy schooling and home for only a few weeks. I took the plunge and decided to go on a first date with him even though he was leaving the next day for sub school. We were in a long distance relationship for two years when I decided to leave my career, family, and everything I knew to move in with him when his boat transferred to Kings Bay, GA. We were engaged 6 months later, and married in May of 2007. We have one very loved and spoiled cat, Taylor, who has traveled the east coast with us. I am a big animal lover and enjoy volunteering when I can. I love to meet new people so feel free to contact me and say hello anytime. If there is anything I have learned about being a military wife, it's that spouses need to support one another. This life isn't for everyone, but it is certainly one incredible journey!

USUHS Welcomes New Students—  
Cont'd from Pg 1



### Heather Deen

William and I met about three years ago while studying at Brigham Young University. He studied Neuroscience and I studied Family History-Genealogy and Latin American Studies. Because of organic chemistry and huge history reading assignments many of our dates consisted of trips to the library and homework study sessions and we became best friends! After many of life's twists and turns, we finally graduated and got married this past summer. A few months later we moved out here for school and are really liking it. We attend The Church of Jesus Christ of Latter-day Saints in Kensington and LOVE the people there. William still spends forever in the library, but our dates have greatly improved! We love doing outdoor and indoor activities - William's favorite is rock climbing, and I love hiking, but we're starting to slow down because we're expecting our first baby in April! We look forward to the wonderful adventures that lie ahead and are especially excited to continue meeting awesome people like you!





## From the SSC Kitchen !

### Angel's Old Fashioned Beef Stew

From: Allrecpies.com

#### Ingredients

4 tablespoons vegetable oil  
 1/2 cup all-purpose flour  
 1 tablespoon garlic powder  
 1 teaspoon salt  
 1 teaspoon black pepper  
 2 pounds beef chuck, cubed  
 12 small boiling onions  
 6 large potatoes, peeled and diced  
 6 carrots, sliced  
 3 stalks celery, sliced  
 3 (10.5 ounce) cans beef broth  
 3 tablespoons all-purpose flour  
 1 tablespoon cold water



#### Directions

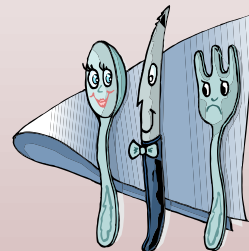
1. In a large pot heat oil over medium high heat. In a resealable plastic bag mix together the flour, garlic powder, salt and pepper. Add a small handful of meat at a time and shake until well coated; brown in hot oil, about 1 minute per side. Remove the browned meat and continue until all the meat is browned.
2. Lower heat to medium and add onions. Brown onions on both sides, about 3 minutes per side, then remove from pot and set aside. Drain excess fat from pot.
3. To pot add potatoes, carrots, celery, reserved onions, browned meat and broth. Stir all together and bring to a boil. Reduce heat to low, cover and simmer for 2 hours, stirring occasionally.  
 For a thicker broth: 1/2 hour before stew is done, combine 3 tablespoons flour and water in a small bowl and mix well, then slowly stir mixture into stew.

### Buffalo Chicken Fingers

From: Allrecpies.com

#### Ingredients

4 skinless, boneless chicken breast halves - cut into finger-sized pieces  
 1/4 cup all-purpose flour  
 1 teaspoon garlic powder  
 1 teaspoon cayenne pepper  
 1/2 teaspoon salt  
 3/4 cup bread crumbs  
 2 egg whites, beaten  
 1 tablespoon water



#### Directions

1. Preheat oven to 400 degrees F (205 degrees C). Coat a baking sheet with a nonstick spray.
2. In a bag, mix together flour, 1/2 teaspoon garlic powder, 1/2 teaspoon cayenne pepper, and 1/4 teaspoon salt. On a plate, mix the bread crumbs with the rest of the garlic powder, cayenne pepper, and salt.
3. Shake the chicken pieces with the seasoned flour. Beat egg whites with 1 tablespoon water, and place egg mixture in a shallow dish or bowl. Dip seasoned chicken in egg mixture, then roll in the seasoned bread crumb mixture. Place on prepared baking sheet.  
 Bake for about 8 minutes in the preheated oven. Use tongs to turn pieces over. Bake 8 minutes longer, or until chicken juices run clear.

### Hoagie Dip

From: Allrecpies.com

1/2 LB Cooked Ham, Thinly Sliced  
 1/2 LB Genoa salami, Thinly Sliced  
 1 LB Processed American cheese, Sliced  
 2 Cups Mayo  
 2 Tsp dried Oregano  
 1 Onion, Chopped  
 1/2 head iceberg lettuce, shredded  
 2 Tomatoes, diced  
 12 Hoagie Rolls, Torn into pieces for dipping



#### Directions

1. Tear the ham, salami and American cheese into small pieces. Place in a large bowl.
2. In a medium bowl, blend the mayonnaise and oregano. Mix the mayonnaise mixture into the ham mixture 1/2 cup at a time, until meats and cheese are well coated. Mix in the onion. Before serving, mix in the lettuce and tomatoes. Serve with the hoagie roll pieces for dipping.

## 2010 USU HOLIDAY PARTY PHOTOS



## New Arrivals



- Mark ('12) and Carolyn Cheney, boy, **Andrew James** born 10/4/10, 5 lbs, 7 oz, 19"
- Will ('13) and Barbie Pitts, boy, **William Bryan** born 11/16/10, 7 lbs, 12oz, 21"
- Ross('11) and Rebecca Graham, girl, **Anetta Elizabeth** born 11/24/10, 7lbs, 3oz, 20"
- Dan ('13) and Courtney Christensen, boy, **Colton Brandon** born 12/12/10, 8lbs, 8.5oz, 20.75"
- Eamon ('13) and Sara Keleher, girl, **Saoirse McKinley** born 12/21/10, 8 lbs, 12 oz, 20.5"
- Strider ('14) and Jana Farnsworth, boy, **Tolman Jetter** born 1/4/11, 7 lbs, 2 oz, 20.5"

**SSC Kids Zone - Valentine Activity**From: <http://crafts.kaboose.com>**Paper Love Bug****Materials:**

- Toilet paper tube
- Pink / Purple paper
- Scissors
- Glue
- Pipe Cleaners
- Markers, Crayon, Pen



1. Paint or cover an empty toilet tube with purple paper to make the body of the bug.
2. Cut two hearts from construction paper.
3. Attach these with tape or glue on either side of the body.
4. Encourage your child to draw a face on the top of the tube. Pipe cleaners make great antennae.
- 1) Write a cute message on the wings such as "Valentine, you make my heart flutter."

**Salt Dough Heart Magnet & Pin****Materials:**

- -½ cup salt
- 1 cup flour
- ½ cup water
- Wooden spoon
- Rolling pin
- Extra flour
- Heart-shaped cookie cutters
- Magnets
- Pin backs
- Hot glue
- Acrylic paint (pink, white, red, light blue, yellow, white, pink, silver)
- Pink and orange glitter glue
- Gold glitter paint
- Toothpick
- Paint brush
- Acrylic sealer
- Wax paper
- Cookie sheet

**How to make it:**

Preheat the oven to 250 degrees F.

1. Mix together, salt, flour, and water until dough is formed.
2. Knead the dough on a floured surface until the mixture is elastic and smooth. If dough is too sticky, sprinkle with flour and continue to do so until stickiness is gone. Do not add too much flour as this will dry out the dough and cause it to crack before it's baked.
3. Roll out the dough to about ¼" thick with a rolling pin that has been dusted with flour.
4. Use different sized heart-shaped cookie cutters to create as many pieces as you like.
5. For smaller children, use a single shape to make it easier at painting time. For older children, you can double up and even triple some of the hearts for a 3D affect as we did (see photo).
6. Place all hearts onto an ungreased cookie sheet and place into the pre-heated oven.
7. Bake for 2 hours.
8. Remove from oven and allow to cool completely.
9. Paint with acrylic paints, glitter glue and/or glitter paint and spray finished projects with acrylic sealer.
10. To write the words on the conversation heart pins, use a toothpick dipped in white paint.

Hot glue a round magnet to the back of larger hearts to hang on the fridge, and a pin back to the conversation hearts.

**SSC WEBSITE**[www.usuhs.mil/ssc/](http://www.usuhs.mil/ssc/)**SSC EMAIL**[studentspousesclub@yahoo.com](mailto:studentspousesclub@yahoo.com)**MISSION**

The Student Spouses Club (SSC) is an organization for the spouses and significant others of any active duty officer students at the Uniformed Services University of the Health Sciences. The goal of the SSC is to provide support, friendship, and community for student families through a variety of social and service activities throughout the year.

The SSC is a private, non-profit organization.

Uniformed Services University



Student Spouses Club

**Student Spouses Club Membership Application**

Welcome! Thank you for your interest in joining the Student Spouses Club. We provide an opportunity to meet new friends, develop or maintain useful skills and enjoy a variety of functions throughout the year. Please fill out the form below and turn it in along with your annual dues check of \$30 (made payable to Student Spouses Club) so that we can process your application without delay. A member of the SSC will be contacting you shortly to formally welcome you. We look forward to meeting you!

_____ Last Name	_____ First Name	_____ Home Phone	_____ Email Address
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_____ Street Address	_____ City	_____ ST	_____ Zip
_____ Code			

_____ Student's Full Name	_____ Service Branch	_____ Year of Grad.	_____ Your DOB
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\_\_\_\_\_  
Children's Names & Ages

\_\_\_\_\_  
Committees you would like to have contact you with more information (please circle)

SSC Use Only

Date Received \_\_\_\_\_

Check number \_\_\_\_\_

Please return application &amp; check to:

**Student Spouses Club****4301 Jones Bridge Road Box 869 Bethesda, MD 20814**